

# **MAIN STREET MOMS**

## **Volume #1 I Got Milk!**

**Mia** knows that breastfeeding is the best thing to do, but isn't really clear about her goals.



**Casey** is concerned about breastfeeding around other people.



**Deena** and her baby boy are doing well at 10 months.



**Ally** has a 2 year old and her second on the way. She's someone they can turn to for support.



Breastfeeding comfortably may take several days or weeks for you and your baby to learn. Getting help from family, friends and your health care team – including WIC and your peer counselor – can help you to keep breastfeeding.



## Reach your goal with a little help.

“ Happy tears! ...tonight at home... I put her on the left again and after a couple of adjustments and re-latching, she was eating and I could hardly feel a thing!!! I can't tell you how excited I am... It definitely wasn't automatic, I had to re-latch her a couple times on both sides, but... wow... I can't tell you how much better it feels. I feel like I have a new stronger bond ...how wonderful all of the support has been. (And, I'm sure I'm not done needing it yet!) Thank you, thank you, thank you! You're the best!”

## You Can Do It... WIC Can Help!

This project has been funded at least in part by the U.S. Dept. of Agriculture (USDA), Food & Nutrition Service. The contents of this publication do not necessarily reflect the view or policies of the USDA, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

To learn more about the Vermont WIC Program, other Vermont health programs, and for more about feeding your child, visit our website at [www.healthvermont.gov/wic](http://www.healthvermont.gov/wic) or call 800-649-4357.

This institution is an equal opportunity provider.  
All photos used with permission. © August 2013

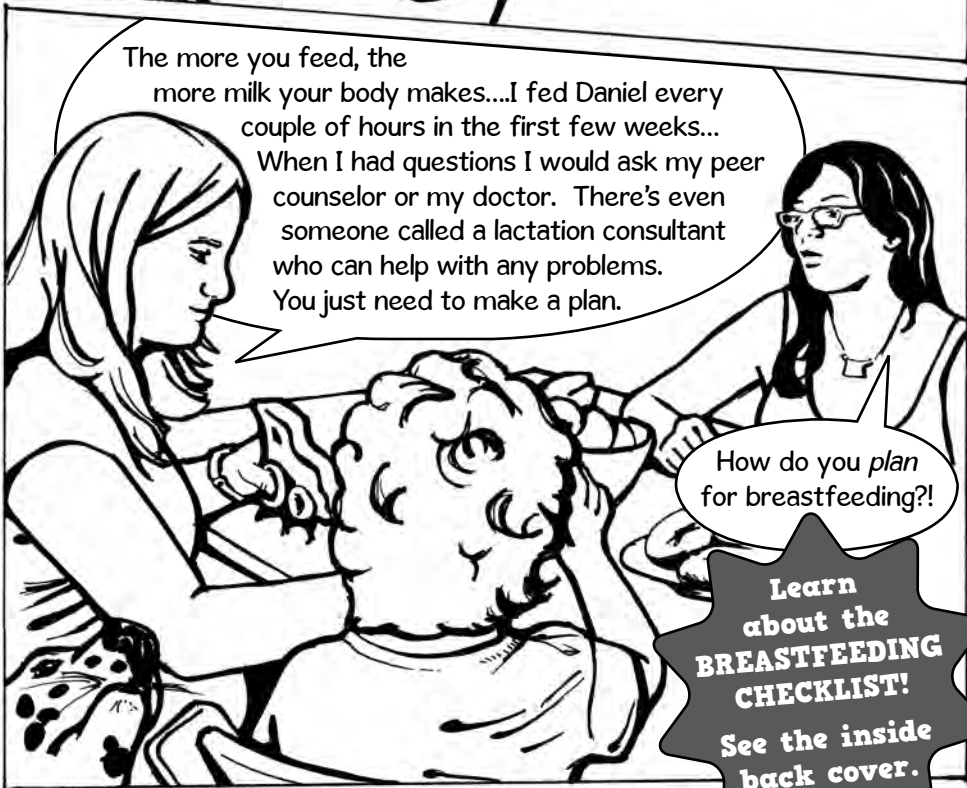


## Episode #1 ...but will it hurt?





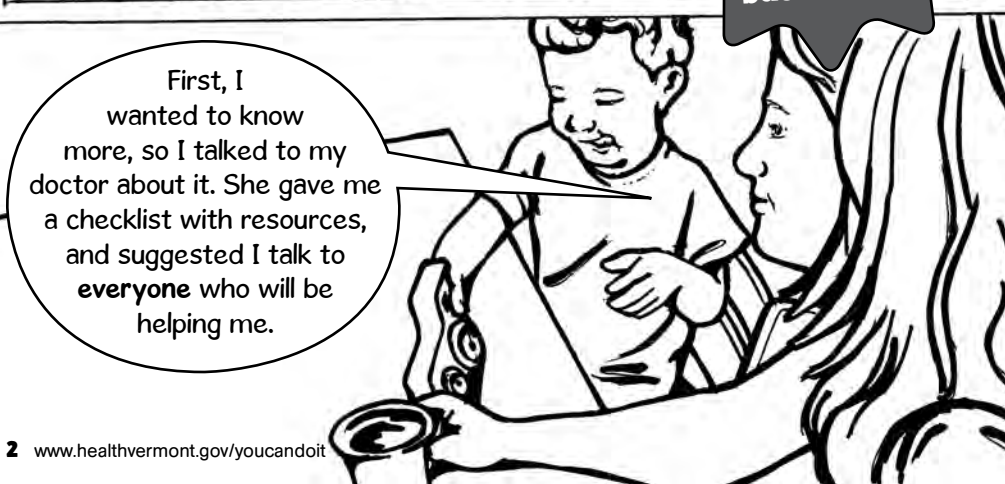
What if I don't make enough milk?



The more you feed, the more milk your body makes....I fed Daniel every couple of hours in the first few weeks... When I had questions I would ask my peer counselor or my doctor. There's even someone called a lactation consultant who can help with any problems. You just need to make a plan.

How do you plan for breastfeeding?!

Learn about the **BREASTFEEDING CHECKLIST!** See the inside back cover.



First, I wanted to know more, so I talked to my doctor about it. She gave me a checklist with resources, and suggested I talk to **everyone** who will be helping me.



Hey, look at this.



It says in here breastfed babies have less gas and constipation...

... long-term there's less risk of diabetes for the baby and less cancer risks for me. And they don't even mention all that money you save not buying formula and all the supplies to go with it!



I know someone who used formula and her baby was *always* sick and fussy. She had tons of bottle stuff to lug around.

I breastfed Daniel for 9 months, and you've seen how healthy he is. I'm planning to breastfeed little Melissa here for at least a year.

## Episode #2 Help is on the way.

### It's a Girl!



Hey Ally. It wasn't too bad, really. Still feeling' pretty tired. She's amazing, sleeping now. I'm trying to rest when she sleeps.... I can't believe it's almost a week!

Did you put her on your chest right after birth? Isn't the skin-to-skin the coolest?



Believe me, it goes by so fast, and they start cereal and other foods around 6 months so they breastfeed less often when they're older.

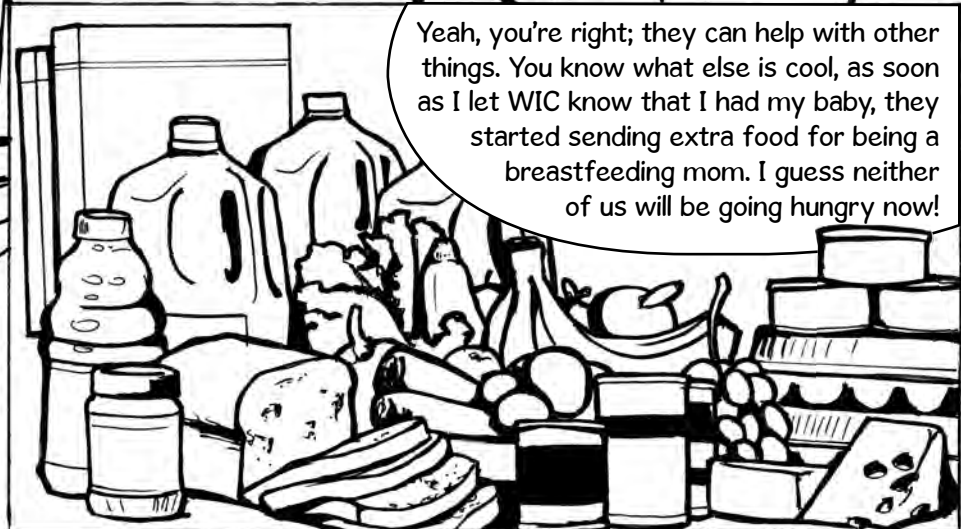
I can't imagine doing it that long...



Yeah, I couldn't believe it - she latched on all by herself - it was incredible. My nurse really helped ...the first night home my boobs got really hard and full - wow! did my milk come in!

That's a good sign. Remember it can take up to 4 weeks to build a good milk supply, so don't give her any formula 'cause that will lessen what you make.



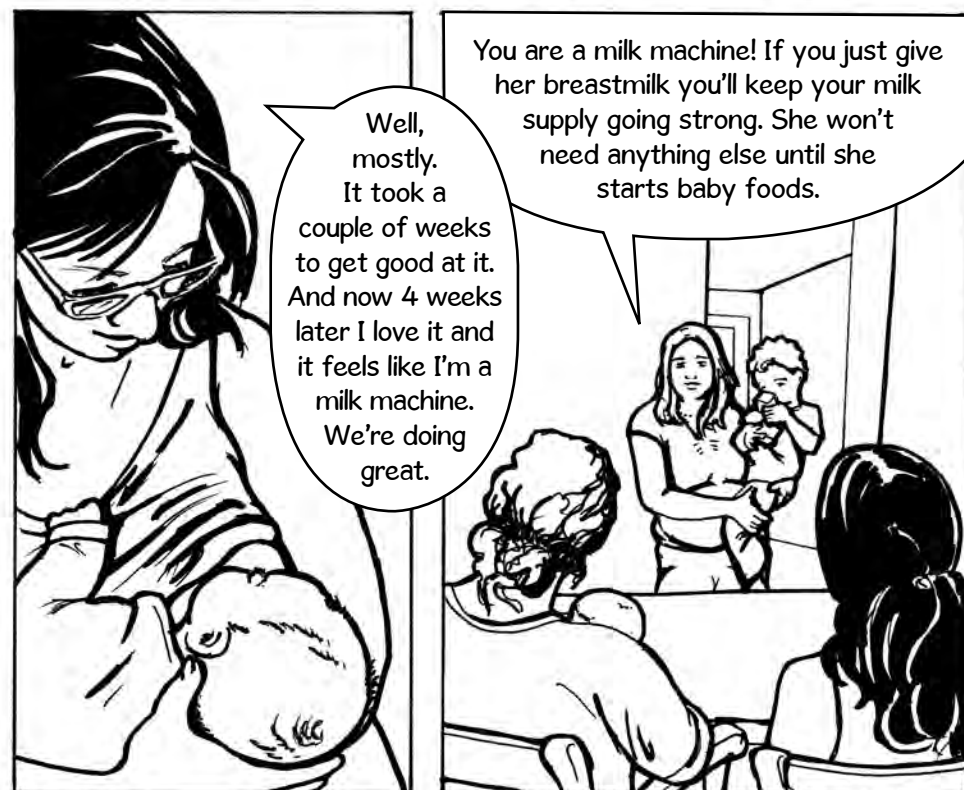


## Meanwhile... Mia's new baby is at her one week check-up.



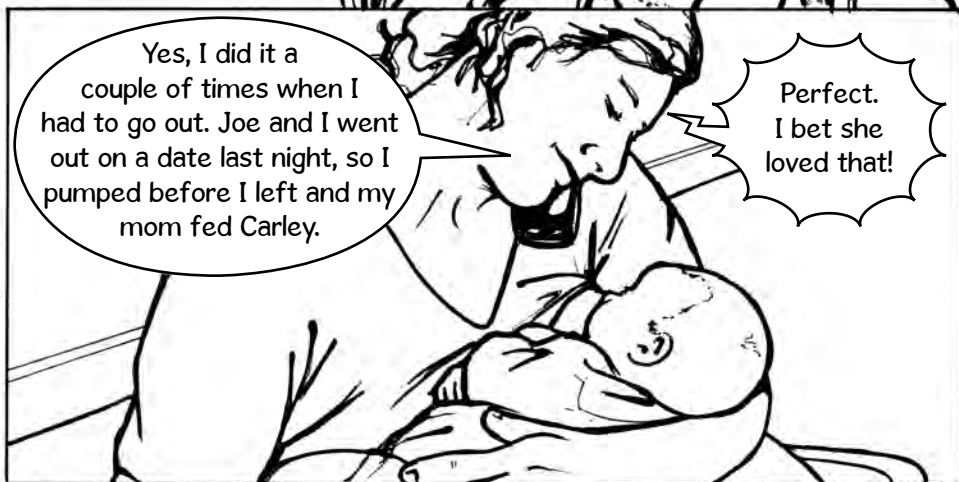


## Episode #3 Making milk is easy.



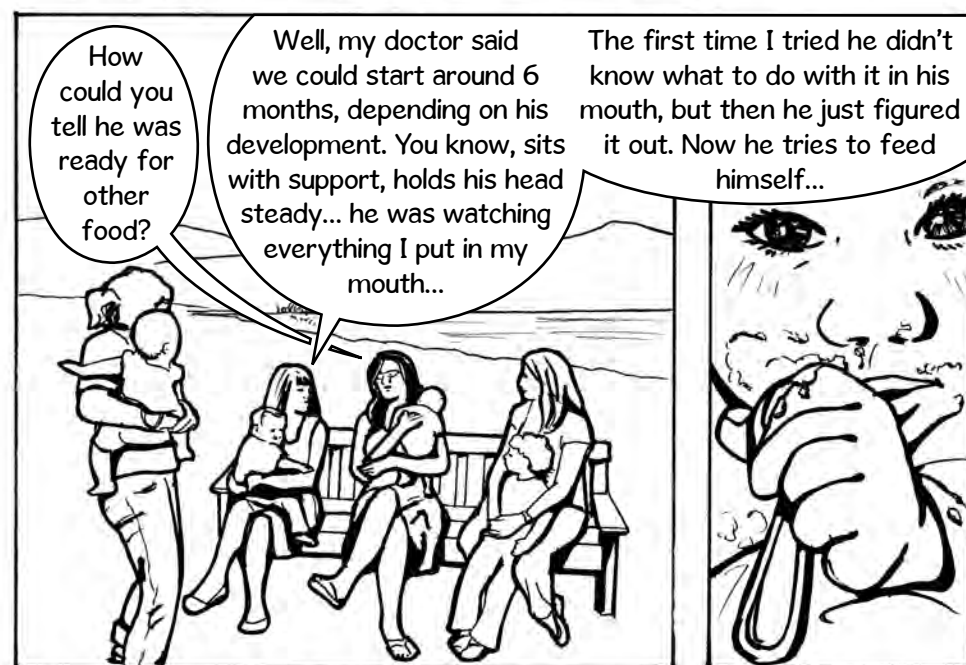


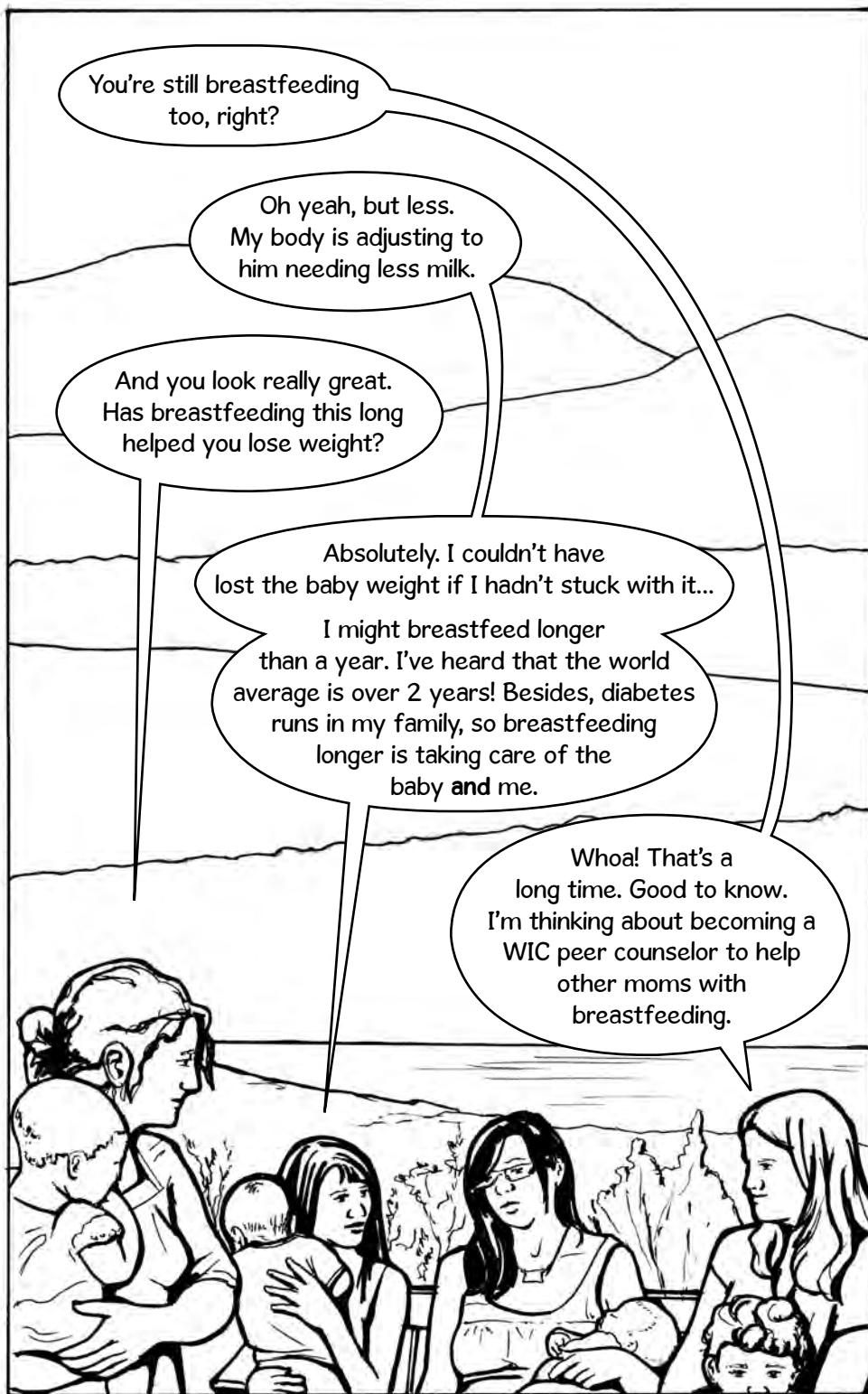
One week later...

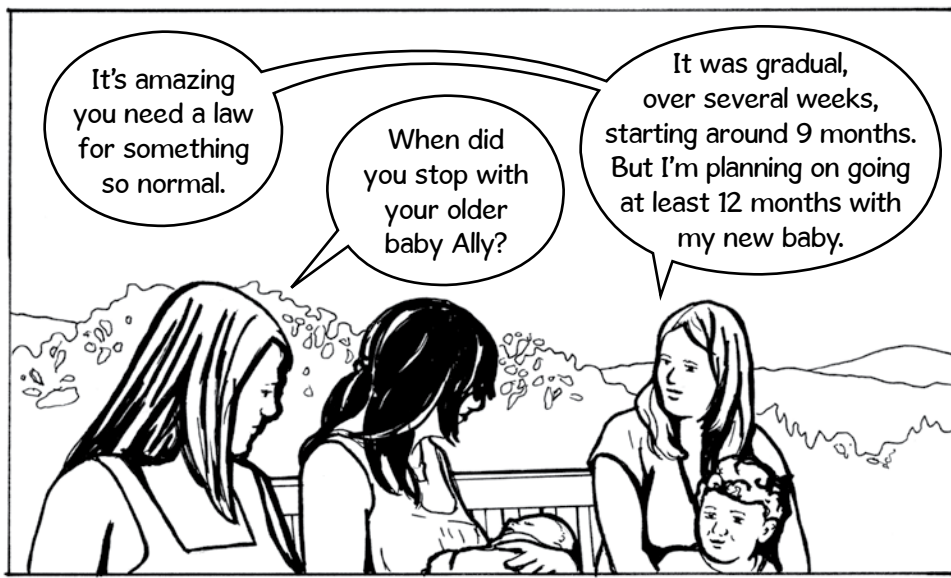


Episode #1 Reached my goal!

Another 2 months fly by.







## Plan for your breastfeeding success!

Ask WIC or your health care provider for your copies of **My Breastfeeding Checklist** – easy tools to help you reach your goals. Plus lots of great resources for support!



**Wear it proud!** Show people you're doing what's best for your baby. Contact your local WIC office to get your buttons.



**Know your rights.** The License to Breastfeed provides a summary of laws related to breastfeeding in public and at work.



## Ancient Practice... Modern Benefits

**Breastfeeding.** From the beginning of human life on earth, women have sustained their children's first years of life by relying on the perfect nutrition of their breastmilk.

Modern science has learned why breastfeeding is such an important part of the natural human cycle, for both the mother and child – it provides an unsurpassed foundation for physical and emotional health that can be achieved no other way.

Ask WIC, your health care provider, midwife or peer counselor about how to ensure breastfeeding success. Visit the WIC Mother Baby Breastfeeding page for resources, video tips and more.

**[www.healthvermont.gov/youcandoit](http://www.healthvermont.gov/youcandoit)**